

# The role of environmental policy in promoting public health and sustainability.

Harley David\*

Western Australian Centre for Rural Health, University of Western Australia, Geraldton, Australia

In an era of growing environmental challenges and health crises, the intersection between environmental policy, public health, and sustainability has never been more critical. Environmental policy plays a pivotal role in safeguarding the natural world, but it also has a profound impact on human health and the overall well-being of society.

## ***Environmental Policy and Air Quality***

One of the most evident ways in which environmental policy influences public health is through the regulation of air quality. Policies aimed at reducing air pollution not only protect the environment but also have a direct and immediate impact on respiratory health [1]. By setting limits on harmful pollutants like particulate matter and ozone, governments can lower the prevalence of respiratory diseases such as asthma and bronchitis, ultimately reducing healthcare costs and improving the quality of life for citizens.

## ***Access to Clean Water***

Environmental policies also play a crucial role in ensuring access to clean and safe drinking water. Regulations related to water quality and sanitation is essential for preventing waterborne diseases and safeguarding public health. Communities with inadequate access to clean water are at higher risk of infectious diseases like cholera and dysentery. Sustainable water management policies further contribute to the long-term availability of this vital resource, promoting ecological sustainability [2].

## ***Biodiversity Conservation and Ecosystem Services***

Environmental policies that focus on conserving biodiversity and protecting ecosystems indirectly support public health and sustainability. Bio diverse ecosystems provide a wide array of services essential for human well-being, including food production, disease regulation, and clean air and water. When these ecosystems are disrupted or degraded due to factors such as deforestation or habitat destruction, it can lead to a loss of these valuable services, impacting public health and overall sustainability [3].

## ***Climate Change Mitigation and Adaptation***

Perhaps one of the most urgent challenges faced by environmental policy today is addressing climate change. Climate policies aim to reduce greenhouse gas emissions, which not only mitigate the long-term impacts of climate

change but also offer immediate health benefits. Policies that promote clean energy sources and decrease reliance on fossil fuels reduce air pollution and lower the incidence of respiratory and cardiovascular diseases. Additionally, climate adaptation policies help communities prepare for and respond to the health challenges posed by a changing climate, such as heat waves and the spread of infectious diseases [4].

## ***Promoting Sustainable Lifestyles***

Environmental policies can also encourage sustainable lifestyles, which have a direct impact on public health. Initiatives promoting active transportation (e.g., walking and cycling), green spaces, and access to fresh, locally grown foods can help combat obesity, reduce stress, and improve mental well-being. By creating environments that facilitate healthy choices, policymakers can contribute to better public health outcomes. The role of environmental policy in promoting public health and sustainability is undeniable. By addressing issues such as air and water quality, biodiversity conservation, climate change, and sustainable lifestyles, policymakers can have a profound impact on the well-being of current and future generations. As global challenges like climate change and biodiversity loss continue to loom large, it is imperative that environmental policies be crafted and implemented with a holistic perspective that considers both the health of our planet and the health of its inhabitants. Collaborative efforts between environmental agencies, public health authorities, and communities will be essential to ensure a sustainable and healthy future for all [5].

## **References**

1. Iriarte-Roteta A, Lopez-Dicastillo O, Mujika A, et al. Nurses' role in health promotion and prevention: A critical interpretive synthesis. *J Clin Nurs*. 2020;29(21-22):3937-49.
2. Li M, Wiedmann T, Fang K, et al. The role of planetary boundaries in assessing absolute environmental sustainability across scales. *Environ Int*. 2021;152:106475.
3. Ali S, Hamid AB, Ya'akub NI, et al. Environmental impacts of international tourism: examining the role of policy uncertainty, renewable energy, and service sector output. *Environ Sci Pollut Res Int*. 2023:1-4.

---

\*Correspondence to: Harley David, Western Australian Centre for Rural Health, University of Western Australia, Geraldton, Australia. E-mail: david.h156@uwa.edu.au

Received: 11-Aug-2023, Manuscript No. AAPHPP-23-112469; Editor assigned: 12-Aug-2023, PreQC No. AAPHPP-23-112469 (PO); Reviewed: 17-Aug-2023, QC No. AAPHPP-23-112469; Revised: 21-Aug-2023, Manuscript No. AAPHPP-23-112469 (R); Published: 09-Sep-2023, DOI: 10.35841/aaphpp-7.5.194

4. Dong S, Gong H, Liu T. Environmental technology spillovers and green start-up emergence: the moderating role of patent commercialization policy and patent enforcement. *Environmental Science and Pollution Research*. 2022;29(46):70070-83.
5. Kumar A, Kalhor MR, Kumar R, et al. Environmental quality: examining role of financial development, institutional capacity, and corruption. *Environ Sci Pollut Res Int*. 2021;28(38):53781-92.